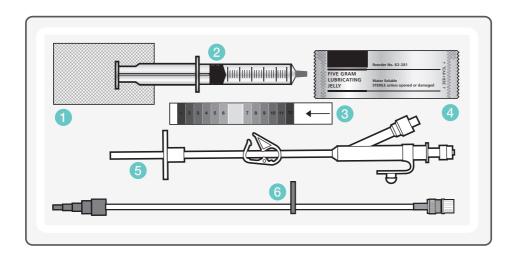
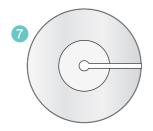
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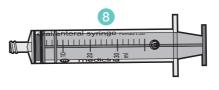


user guide









1 Gauze Pad

To wipe off any excess gel and clean up the stoma site

- Pre-filled Syringe
 Pre-filled with the correct amount of fluid to inflate the tube balloon (5ml or 20ml)
- 3 pH Strip For testing pH of stomach aspirate to ensure the tube is in the stomach
- 4 Gel Pack
 Sachet of aqueous gel to lubricate the tube
 on insertion, if necessary

Gastrostomy Tube

The Medicina balloon gastrostomy tube in a size selected for the stoma

6 Extension Set

MGS03 extension set to allow access to the tube for flushing, aspiration and feeding

- Keyhole Dressing Correct size for the tube, to be used if there is leakage or site soreness
- 8 30ml Enteral Syringe
 For aspirating and/or flushing the tube after insertion, to ensure it is in the stomach



instructions for use



introduction to gastrostomy tube feeding

A gastrostomy tube is a tube inserted through the abdominal wall directly into the stomach and so allows free passage of food and water.

The procedure is necessary when the patient cannot eat or eat enough to meet nutritional requirements. Adequate nutrition depends on the right type and amount of food and water which will be prescribed by your clinician or dietitian. Food suitable for tube feeding is commercially prepared.

the medicina balloon gastrostomy kit

A Medicina feeding tube has been inserted into your stomach through the abdominal wall. There is an inflatable balloon at one end and an external tube with skin disc, clamp and feeding connector at the other. You should have received care, maintenance, diet and medication instructions. These instructions must be followed closely. Never put unprescribed food or medication through your tube.

the skin disc

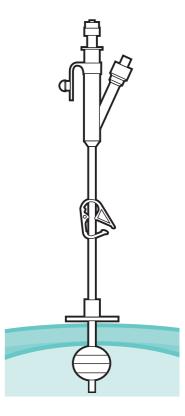
The external skin disc holds the tube in place but allows air circulation to the skin underneath. The bottom of the skin disc should rest just above the skin surface. A good fit is considered 2-3mm above the skin. The holes in the skin disc are to let air circulate they should never be used to suture the disc to the skin.

the clamp

The clamp is designed to close the tube when you attach feeding sets or syringes, to stop any flow of stomach contents back up the tube. The clamp should only be used for short periods of time. The position of the clamp should be moved each time it is used to avoid wear and tear on any one part of the tube. The clamp should be left open for most of the time.



allows free passage of food and water



the medicina adapter

Food and water are delivered through the tube into the stomach via the feeding and medication adapter. The Medicina tube comes supplied with a purple stepped male adapter. This adapter has a locking cap. This should be left in the tube and feeding sets or syringes attached to it for feeding or medication. Leaving this adapter in the tubes reduces the chance of the tube end becoming "baggy" and leaking. When not in use the adapter should be capped off. This helps prevent stomach contents from leaking out of the tube. The adapter is used for feeding and venting the stomach.

It is important to keep the feeding adapter clean and free of food. Food may lodge inside the tube and adapter. The tube should therefore be flushed thoroughly with enough water to clear all feed both before and after feeding.

the retention balloon

The Medicina gastrostomy tube has a balloon inside the stomach that has been inflated with water to hold it in place. The balloon volume should be checked once a week.

the balloon valve

The balloon is inflated and deflated by inserting the Medicina luer slip syringe provided into the balloon valve. It is important that medicines or feed are never attached to the balloon valve. It also needs to be kept clean as trapped foreign material may cause the valve to leak or fail and could result in the button falling out.



accessories

the medicina extension set

The Medicina kit contains an extension set. This can be used for continuous feeding with a pump or bolus feeding using the Medicina feeding syringe (see below). To attach the extension set, first clamp the tube. Then if the Medicina adapter is present, remove the male stepped adapter from the extension set and the cap from the Medicina adapter. Lock the female end of the extension set into the male end of the Medicina adapter. If the Medicina adapter is not present, clamp the tube, open the tube end and insert the male stepped adapter of the extension set into the funnel adapter of the tube.

Lock the female end of the pump feeding set to the purple male connector on the Medicina extension set. Ensure any clamps on either set are open. Commence feeding using the pump or start the bolus feed.

bolus feeding

The Medicina kit also contains a syringe which can be attached to the extension set to allow bolus feeding. Some patients receive several feeds during the day to resemble a normal feeding pattern. Each bolus feed will take twenty to forty minutes.

syringes

A 5ml or 20ml pre-filled luer slip syringe is included with your kit. Use it to inflate the balloon initially and then to inflate and deflate the balloon when checking it's volume weekly and when you replace the tube.

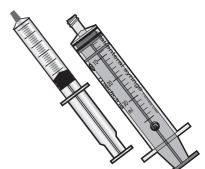
The Medicina Gastrostomy kit also includes a 30ml female luer lock syringe. This should be used when priming and flushing the extension sets and when checking for placement of the tube. It can also be used for bolus feeding.

If you receive a continuous feed, flush the tube and the extension set tubing at least three times daily.





Extension sets are disposable and should be replaced every week



of the medicina gastrostomy tube

ALWAYS WASH YOUR HANDS WITH WARM SOAPY WATER BEFORE TOUCHING YOUR GASTROSTOMY TUBE.

Clean the Medicina tube and the surrounding skin daily with cotton buds or a soft cloth, using soap and warm water. If soap is irritating the skin, use water alone. Ensure the skin is dry. Also inspect the skin around the stoma after feeding, checking for gastric leakage. The Medicina tube does not normally require a dressing but if leakage occurs, the Medicina keyhole dressing may help reduce the leakage and prevent soreness. If you use a dressing, change it when it becomes wet or soiled.

AVOID DAMAGING ANY PART OF THE MEDICINA TUBE. DAMAGE MAY RESULT IN IT HAVING TO BE REPLACED.

The balloon holds your tube in place. Check the volume of water in the balloon at least once a week. To do this, attach the luer slip syringe to the balloon port and withdraw all the water while leaving the tube in place. If there is less fluid than the amount originally prescribed, replace it with the fluid in the syringe and then add extra distilled water or cooled boiled water to make it up to the prescribed amount.

(Never fill the balloon with air. Air will rapidly migrate out of the balloon and the Medicina tube will not stay in place).

Rotate the Medicina tube 360 degrees daily to prevent the tube or balloon from sticking to the skin.



feeding instructions

placement

Before feeding, check the tube to be sure that it is not clogged or displaced outside the stomach. To do this, attach a 30ml Medicina enteral feeding syringe with 10mls of water to the Medicina adapter. Pull back on the plunger. When you see stomach contents in the tube, flush the Medicina tube with the water. Stomach contents are normally yellow or clear unless there is food in the stomach. If you feel resistance as you inject the water, pull back stomach contents again, then try to re-inject the water. Check for leaking around the stoma.

A further conformation can be made by testing the aspirate with a piece of the Medicina pH testing paper. If the pH of the stomach aspirate is less than 5.0 then the tube is likely to be in the stomach.

measuring the stomach contents

Another advantage of the Medicina tube is the ability to measure stomach contents without a decompression tube. These residual stomach contents are the amount of gastric fluid and food left in the stomach four hours after feeding. The stomach may not always empty completely. Check the volume if the feed backs up in the tube or if you feel nauseated. Generally, replace the withdrawn contents back into the stomach. These contain important electrolytes and nutrients. Check the volume again in 30 minutes and resume the feeding if the amount is less than you obtained at the first check.



Another
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the ability to
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contents
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tube

decompressing or venting

Your specialist may instruct you to decompress (release air or food from the stomach) before or after feeding. To decompress the stomach, attach the extension set to the Medicina tube and drain into a Medicina drainage bag or a Medicina decompression bag.

continuous feeding

The specialist will recommend the type of feed best for you. If preparing yourself follow manufacturer's instructions.

- 1. Wash hands with soap and water and dry thoroughly.
- If not pre-filled, fill the feeding administration bag with feed and hang.
- Purge air from the tubing by allowing feed to run through it.When feed has reached the extension set connector, clamp the tubing.
- Remove the Medicina adapter cap. Lock the feeding set to the feeding adapter.
- Connect the feeding administration bag tubing to the pump.Set the pump rate according to the manufacturer's instructions. Unclamp the tubing and begin feeding.
- When finished, disconnect the feeding administration bag tubing from the extension set. Flush the tube with 10–20mls of warm water or until the tubing is clear.
- 7. Cap off the feeding adapter.



bolus feeding

- Attach a water filled Medicina enteral syringe directly to the Medicina adapter or to the Medicina bolus extension set. Prime by filling with water.
- 2. Attach the bolus extension set to the feeding port.
- 3. Clamp the extension set.
- 4. Disconnect the syringe and remove the syringe plunger. Reattach the syringe.
- 5. Slowly pour the feed into the syringe and unclamp the tubing. Keep the syringe filled to prevent air from entering the stomach. Adjust the flow rate by raising or lowering the syringe. The feeding should finish in 20 to 40 minutes.
- When the syringe is nearly empty, add the prescribed amount of water to the syringe.
- 7. When finished, clamp the tube and fill the syringe with 10–20mls of warm water. Reinsert the syringe plunger and unclamp the tube. Flush the bolus extension set until the tubing is clear.
- 8. Disconnect the bolus extension set.

medications

Give medications in liquid form. Thick medication can plug the tube and is easier to give when diluted with water.

When a medication is only available in tablets or capsules, check with the pharmacist to make sure it can be crushed and mixed with water. Do not mix medication with feed unless directed by your specialist. Medications must be given via a Medicina enteral syringe connected to the tube.

Flush with at least 10mls of water after giving the medication.



Do not mix medication with feed unless directed by your specialist



replacing the medicina gastrostomy tube

The specialist will decide when to replace the Medicina tube. Look for the change date on the information page in this handbook. You may change the tube yourself if trained to do so.

- Remove the new Medicina tube from the package. Using the pre-filled syringe fill the balloon with 5mls and observe for leaks. Check the balloon is symmetrical. Remove the water.
- Attach a luer slip syringe to the balloon valve of the Medicina tube that is in the patient's stomach. Pull back on the plunger until all of the water is out of the balloon.
- Gently remove the Medicina tube from the patient's stomach. It may help to use a little water soluble lubricant as you are removing it.
- Slide the external retention disc up the tube. Lubricate the tip
 of the replacement Medicina tube with a water soluble agent.
 DO NOT USE OIL OR PETROLEUM JELLY.
- 5. Gently guide the new tube into the stoma. Insert the tube until the tip is well inside the stomach.
- Hold the tube in place and fill the balloon with the 5ml or 20ml pre-filled syringe provided. Do not use air.

NEVER FILL THE 5ML BALLOON WITH MORE THAN 10MLS OR 25MLS FOR THE 20ML BALLOONS.

- Position the balloon against the stomach wall by pulling the Medicina tube very gently until it stops.
- 8. Wipe away fluid or lubricant from the tube and stoma.
- 9. Slide the external retention disc down the tube until It is 2-3mm from the skin.
 - Check the tube for correct placement.
 - (a) Listen for air
 - (b) Aspirate residual stomach contents





caring for a child with a medicina balloon gastrostomy

Children are special and they have special needs, therefore, the following points may be useful:

smaller tubes

The tubes used in children may have a smaller diameter than those used in adults. Smaller tubes clog more easily but require less water to flush out. Infants usually receive a 10-15ml flush.

children have small stomachs

Infants develop the capacity to hold large amounts in their stomachs as they grow. Feeding usually begins with frequent small amounts of feed. Bolus feed takes 20 to 40 minutes. A pump regulates a slow steady flow and leaves you free to do other things. Be patient, and slowly increase the amount of feed given during the feeding. If the child's stomach is full, feed may leak around the stoma. The child may also be colicky, vomit or burp up feed. Ask your specialist if decompression or venting may be appropriate.

if a child vomits

When vomiting occurs, it is possible to inhale feed and stomach contents into the lungs. Aspiration is the medical term for this and it can lead to serious medical problems. If a child develops difficulty breathing during or immediately after a feeding,

STOP THE FEEDING AT ONCE, DRAIN (DECOMPRESS) THE STOMACH AND CALL THE SPECIALIST.

If the child feels nauseated, wait one to two hours before feeding and then resume the feeding slowly. The same is true for vomiting. Wait and feed at a slower rate.



Children are special and have special needs

if nausea or vomiting persist call the specialist

NOTE: Some children have gastroesophageal reflux. Food routinely flows backward up the oesophagus. Correct feeding position is VERY IMPORTANT for these children. Place them in an upright position or at least a 30-degree angle before feeding. Notify your specialist if your child vomits after feeding.

learning about food

Although your child receives nourishment through the tube, encourage your child to touch and taste food at the table just like everyone else.

mouth

The mouth is a very sensitive part of the baby's body. Even if the child cannot suck and swallow well enough to eat, the sucking reflex is there. Sucking seems to comfort babies. Experiment with a dummy/pacifier. Use it to stimulate your child's lips, gums, and tongue during feeding. As the baby grows, provide other opportunities to chew or suck.

normal activity

It is important for babies to roll over on their stomachs. They learn to push up and crawl this way. The Medicina tube may need to be secured using a Gastrostomy tidy to avoid excessive pulling on the tube.

encourage your child to touch and taste food





problem solving

stomach contents leak out around the tube

First check the volume of stomach contents. The stomach may be too full or contain gas. The patient may be getting too much feed at one time. If you are using an intermittent (bolus) feeding, consider switching to continuous. If using a continuous feed, try decreasing the flow rate. Check that the tube inside the stomach is filled by gently pulling on the button and checking for resistance. Check the Medicina Tube Information Section for the correct balloon volume. Test the balloon by attaching a luer slip syringe to the inflation valve. Withdraw the fluid from the balloon and note the volume in the syringe. If the amount is less than prescribed, refill the balloon as prescribed, wait 10 to 20 minutes and repeat the procedure. If the prescribed volume of water is still in the balloon, try increasing the volume by 2mls at a time until the leak stops. The maximum volume is 10mls for a 5ml balloon or 25mls for a 20ml balloon. Do not exceed this.

CAUTION: USE CARE WHILE FILLING OR REMOVING WATER FROM THE BALLOON. THE MEDICINA TUBE MAY EASILY BE PULLED OUT.

if the feed becomes disconnected

Stop the pump. Estimate the amount of feed lost. Thoroughly wipe the tube connections with soap and water or alcohol. They must be free from oil or feed build up. Irrigate the tube with warm water. Dry the connections and firmly reconnect. Resume the feeding, replacing the estimated volume lost during the disconnection.



Check the Medicina Tube Information Section for the correct balloon volume

balloon leaks or ruptures

Always keep a replacement Medicina tube at home. Silicone balloons generally last several months, but the life span of the balloon varies according to several factors.

These factors may include medication, volume of water used to fill the balloon, gastric pH, and tube care.

tube blockage

To prevent blockage, flush the tube with

- 10-20mls warm water:
- 1. Before and after each feed.
- 2. Before and after giving medications.
- 3. Every 3 to 4 hours if the patient is receiving continuous feeds.
- 4. After checking for stomach content residuals.

Do not mix medication with feed. Medication should be in liquid form when possible. If not, crush finely and make sure it is well dispersed in water. Give multiple medications one at a time and rinse the tube with warm water before and after.

Flush with 5mls water between each medication.

balloon will not deflate

If you cannot extract water from the balloon with the syringe, ensure the recess in the balloon valve is clean. Occasionally the recess will trap spills of feed or other material. Clean inside the recess, then firmly seat the syringe into the valve, push and twist one quarter turn. Try pulling back on the plunger again. If the balloon will not deflate, use the end of a large paper clip to depress the valve and release the water.

BE SURE YOU HAVE A REPLACEMENT TUBE TO INSERT INTO THE STOMA.







stoma and skin problems

IF THE STOMA BLEEDS, (MORE THAN A SMALL AMOUNT) OR IF IT LOOKS LIKE BLOOD IS MIXED WITH STOMACH CONTENTS, CALL YOUR SPECIALIST IMMEDIATELY.

Redness or soreness around the skin and stoma may be the result of gastric leakage. Clean and dry the area frequently. Be sure to rotate the Medicina tube in a full circle daily.

call the specialist if

- 1. The stoma is persistently red and sore.
- 2. The red area is larger than 2.5cm in diameter.
- 3. The stoma emits an odour.
- 4. The skin surrounding the stoma is swollen.
- 5. There is pus around the stoma.
- 6. The patient has a fever.

granulation tissue

Granulation tissue is the result of the body trying to repair the surgical incision. The tissue may proliferate and require treatment. If it bleeds or a large amount of tissue builds up, contact your specialist.

diarrhoea

Two reasons for diarrhoea are rapid feed administration or spoiled feed. Try giving the feed at a slower rate and refrigerate leftover feed.

USE NEW FEED FOR EACH FEED AND NEVER KEEP MIXED FEED LONGER THAN 24 HOURS.

Changes in feed, medications or feeding routines can also cause diarrhoea.

IF DIARRHOEA PERSISTS FOR MORE THAN THREE DAYS, CALL YOUR SPECIALIST.

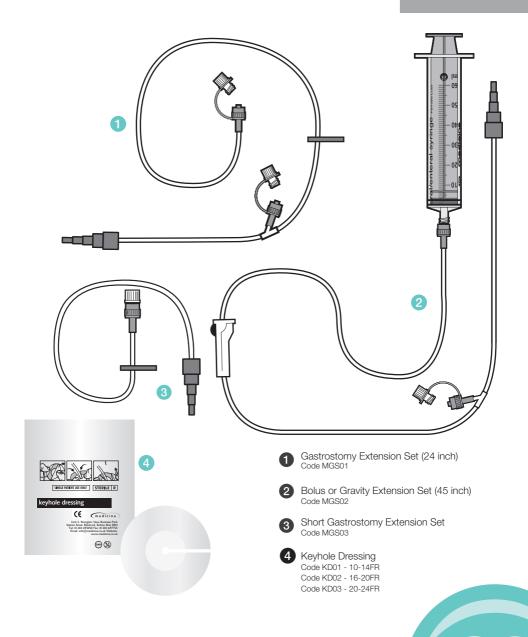


constipation

Certain types of feed cause constipation in sensitive individuals. Inactivity, change in feed, medication, or change in the feeding routine can also cause constipation.

how much water?

When our bodies need water we feel thirsty and we drink more.
Gastrostomy patients are the same. If the weather is warm or you have a fever, additional water may prevent dehydration. Ask your specialists for guidelines.



medicina tube information

| Name | Phone |
|---------------------------|------------------------|
| Specialist | Phone |
| Placement Date | Туре |
| Tube Replacement dates | |
| tube specifications: | |
| French size | Balloon volume |
| LOT number | |
| feed preparation: | |
| Type of feed | Amount of feed |
| Feeding times | |
| Amount of each feed | Amount of water |
| Pump setting or flow rate | Additional ingredients |







Unit 2, Rivington View Business Park, Station Road, Blackrod, Bolton BL6 5BN Tel: +44(0)1204 695050 Fax: 01204 697755 email: info@medicina.co.uk

www.medicina.co.uk leaders in enteral delivery

